

AFTER SIX YEARS OF SUFFERING

Woman Made Well by Lydia E. Pinkham's Vegetable Compound.

Columbus, Ohio.—"I had almost given up. I had been sick for six years with female troubles and nervousness. I had a pain in my right side and could not eat anything without hurting my stomach. I could not drink cold water at all nor eat any kind of raw fruit, nor fresh meat nor chicken. From 178 pounds I went to 118 and would get so weak at times that I fell over. I began to take Lydia E. Pinkham's Vegetable Compound, and ten days later I could eat and it did not hurt my stomach. I have taken the medicine ever since and I feel like a new woman. I now weigh 127 pounds so you can see what it has done for me already. My husband says he knows your medicine has saved my life."

Mrs. J. S. BARLOW, 1624 South 4th St., Columbus, Ohio.

Lydia E. Pinkham's Vegetable Compound contains just the virtues of roots and herbs needed to restore health and strength to the weakened organs of the body. That is why Mrs. Barlow, a chronic invalid, recovered so completely. It pays for women suffering from any female ailments to insist upon having Lydia E. Pinkham's Vegetable Compound.

Incidental Embellishment.
"Remember," said the man who takes life seriously, "that riches have wings."

"Well," replied Mr. Dustin Stax, "the fact that a fried chicken has wings doesn't prevent me from enjoying it."

To Drive Out Malaria
And Build Up The System
Take the Old Standard GROVE'S TASTELESS chill TONIC. You know what you are taking, as the formula is printed on every label showing it is Quinine and Iron in a tasteless form. The Quinine drives out malaria, the Iron builds up the system. 50 cents.

Production of copper in the United States is more than 25 times what it was in 1880.

Wright's Indian Vegetable Pills have stood the test of time. Test them yourself now. Send for sample to 572 Pearl street, N. Y.—Adv.

There are 98 wire factories in the United States.

Thousands Tell It

Why daily along with backache and kidney or bladder troubles? Thousands tell you how to find relief. Here's a case to guide you. And it's only one of thousands. Forty thousand American people are publicly praising Doan's Kidney Pills. Surely it is worth the while of any one who has a bad back, who feels tired, nervous and run-down, who endures distressing urinary disorders, to give Doan's Kidney Pills a trial.

A North Carolina Case

Mrs. W. A. Morley, "Every Picture Tells a Story"
68 Penland Ave., Asheville, N. C., says: "I was in bad shape with kidney trouble. I had dizzy headaches along with nervous spells and my kidneys didn't act as they should. I also suffered severely from backache and could hardly straighten after stooping. When I started Doan's Kidney Pills, advertised, got some and they rid me of all the trouble."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

Don't Persecute Your Bowels

Cut out cathartics and purgatives. They are brutal, harsh, unnecessary. Try CARTER'S LITTLE LIVER PILLS.

Purely vegetable. Act gently on the liver, eliminate bile, and soothe the delicate membrane of the bowels. Cure Constipation, Biliousness, Sick Head, Stomach and Indigestion, as millions know. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature

Asa Wood

Every Woman Wants

Paxtine
FOR PERSONAL HYGIENE
Dissolved in water for douches stops pelvic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. For extraordinary cleaning and germicidal power. Sample Free. 50c. All druggists, or postpaid by mail, The Paxtine Toilet Company, Boston, Mass.

RHEUMATISM

is completely washed out of the system by ten gals. (three weeks) of the celebrated Shivar Mineral Water, costing only two dollars. Tastes fine; positively guaranteed by money back, on return of the two loosed carbons, should you report "no benefit." Mention your express office. Address

Shivar Spring, Box 42, Sharon, S. C.

KEEPING MILK SWEET

Absolute Cleanliness the First Great Essential.

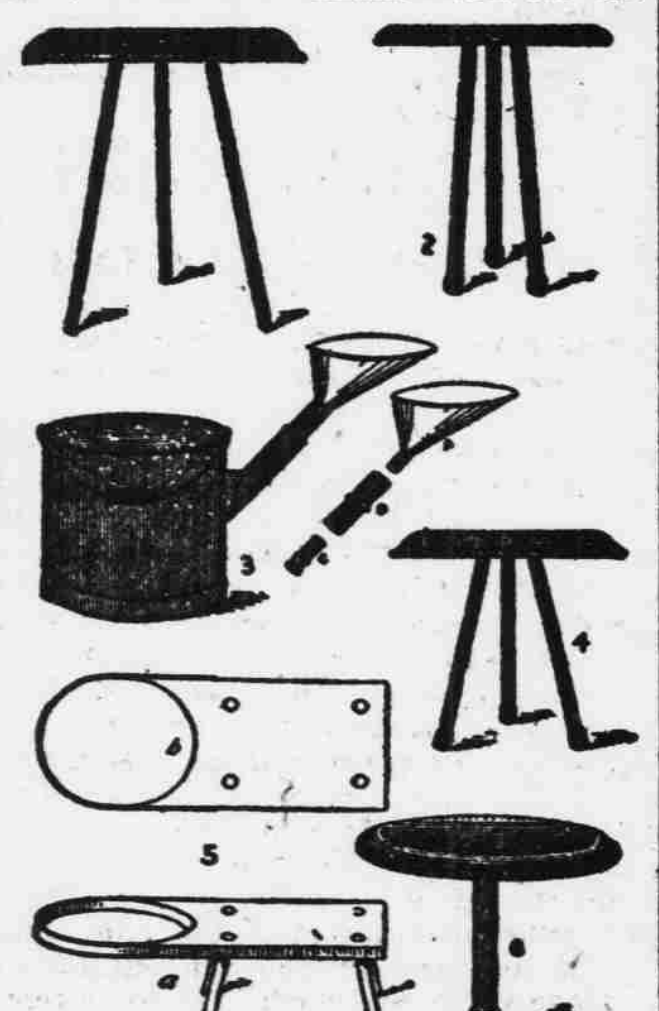
If Kept on Ice Almost From Time of Milking There Will Be Little Development of Bacteria—Points for Cooling.

(By W. R. WRIGHT.)
It is a well-known fact that milk does sour, but not everyone is acquainted with the changes which take place during the souring process, the cause of these changes, and how to prevent them. A knowledge of the changes which take place during the period of souring, and their causes, enables one, taking reasonable precautions, to preserve milk in its naturally sweet condition for a number of additional hours.

Milk contains a sugar, known as milk sugar, which is changed by the action of the smallest of plant forms, called bacteria, into lactic acid. When about one-half of one per cent of this acid has been produced, the milk-curd separates and forms a solid mass with clear acid whey about it. This acid preserves the curd by preventing the action of bacteria which would rot the curd and produce offensive odors.

Two classes of bacteria begin to grow and multiply in milk shortly after milking; the lactic which sours the milk, and the digesting which rots the curd. The latter class is like the out-plant, in that it is able to grow at a low temperature, while the lactic, like the corn-plant, grows best at the higher temperatures.

Milk which is held at well-water temperature will remain sweet for one



Types of Sanitary Milking Stools.

or more days, depending upon the cleanliness of milking and handling, because the temperature is low enough to prevent rapid growth of lactic bacteria.

This temperature, however, is more favorable for the digesting class of bacteria, which imparts an old, stale odor to the milk, and renders the milk partly unfit for use. If milk is kept on ice almost from the time of milking, there will be but very little development of either class of bacteria, and the milk will be in prime condition after several days.

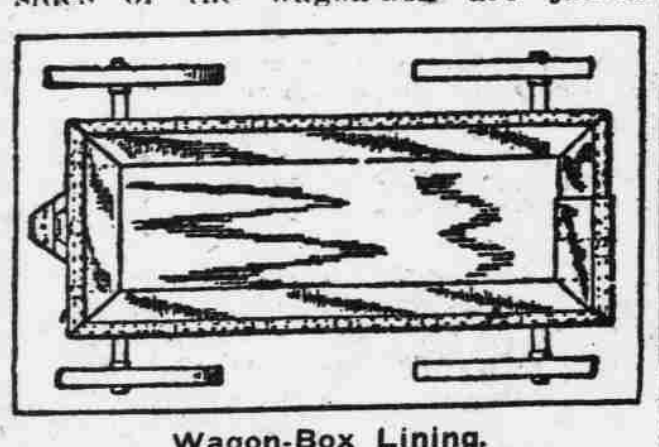
For the most rapid cooling of milk, the following points should be observed:

1. That cold air is better than no attempt at cooling.
2. That cold water is more rapid than cold air.
3. That an occasional stirring hastens the cooling process.
4. That ice water is much more rapid than air of the same temperature.

PREVENTING LOSS OF GRAIN

Wagon-Box Fitted With Lining of Canvas or Like Material Found to Be Quite Satisfactory.

In hauling small grain in farm wagons over rough roads there sometimes is a loss of grain because the sides of the wagon-box are jarred



Wagon-Box Lining.

away from the bottom. The box shown here is provided with a lining of canvas or like material, which covers the sides and part of the bottom and prevents this loss. It covers about one-fourth of the bottom around the edges

Cookery Curiosities.

Old English cookery was astonishingly lavish. Yorkshire cooks, for instance, seemed to fling about dozens of eggs and pints of cream. A favorite pie to send to one's friend at Christmas was made like this: Take a turkey and bone it; take a goose and bone it, and so on with a chicken, a pheasant, a partridge, a pigeon, and a lark; then put the lark in the pigeon, the pigeon in the partridge, the partridge in the pheasant, the pheasant in the chicken, the chicken in the

3. That a mixture of ice water and salt is the most efficient cooling agent.

To insure pure milk, free from impurities, the utmost care must be taken in every part of the dairy from the barnyard and stables to the bottling of the milk. Absolute cleanliness is essential. Iron milking stools are recommended and they should be kept scrupulously clean.

No. 1 is a good type of sanitary stool made of metal. The ends of the pipes used for the legs are filled with lead, and there are no corners to collect dirt.

Nos. 2 and 4 are similar to No. 1, except that caps are screwed on the ends of the legs, making them slightly more difficult to keep clean.

No. 3 serves for both pail and milking stool. The cover, hoops, ball, etc., make it more difficult to keep clean than the simpler styles.

No. 5 is devised so that one end serves as a receptacle to hold the pail while the milker sits on the other end. As in the case of No. 3, this style is more difficult to keep in a sanitary condition than the simpler forms.

No. 6 is constructed entirely of iron, galvanized after being put together. It is simply constructed, having only a single leg. The base, however, furnishes a larger surface to keep clean. Of the several stools shown herewith, No. 1 is the easiest to keep clean, therefore the most desirable.

The three "Cs" for the proper care of milk in the home, according to dairy specialists, are:

Keep milk Clean.
Cold.
Covered.

Milk is a highly perishable food, and the length of time it will remain sweet and safe, especially for children, depends, specialists say, almost entirely upon the constant care it receives from cow to consumer. Milk passes through three agencies—the producer, the dealer and the consumer. If the first two have done their part, clean, safe milk will be delivered, thoroughly chilled, to the consumer. The consumer's responsibility begins the moment the milk is delivered at his doorstep.

Because milk poured from vessel to vessel on the street is very liable to contamination from dust, manure particles and germs, milk is best delivered in capped bottles. If bottled milk cannot be obtained, the housewife should try to have someone in the family receive the milk in a clean, scalded utensil, cover it instantly, and put it without delay into the refrigerator, or the coldest available place. Under no circumstances should an uncovered pitcher, bowl or pan be left out on the porch to receive bulk milk. The vessel, both before and after the milk is poured into it, is accessible to flies and collects particles of dust and dirt.

POOR PLACE FOR MACHINERY

Thrifty Farmer Will Not Store Farm Implements—Little Things Go to Make Big Ones.

The thrifty farmer, the farmer who has money in the bank, has a farm that tells you about the character of the owner the minute you come in sight of it. Such a man has long since learned that the fence corner or under a tree is no place for an implement not in use.

Such seemingly little things added to other like little things make the big things that determine a man's success or failure.

RAISING HOGS IN THE SOUTH

Farmers Learning to Fatten Animals on Alfalfa and Cowpeas—Fine Pork Is Result.

Farmers in the South are learning how to fatten hogs on alfalfa and cowpeas, making pork as fine as is ever seen in the northern markets and at less cost than it can be produced in many of the northern and western sections.

and is attached to the top of the sides by metal hooks riveted to the canvas. At the rear, one end of the lining laps over the other and this permits the box to be emptied readily. To do this the lower part of the tail board is removed and the ends are spread apart. —Farmer's Mail and Breeze.

Indispensable Products.

Meat and dairy products are regarded as indispensable to the highest achievement and the best type of civilization. The meat-eating races are the dominant nations of the world.

Feed Ewes Generously.

It pays to feed and care for the ewes generously, as it not only insures a good crop of lambs, but it also makes the wool better and heavier.

Best Ration for Cows.

The best ration for the cow during the summer is good pasture grass. Maximum growth comes with a feeding of some grain with the pasture grass.

goose, and the goose in the turkey. The turkey should then be placed in a dish with a couple of hares to fill up the crevices, and six pounds of fresh butter, covered and cooked. The recipe said this was "an agreeable pie to eat cold."

Fine for Cold Feet.

A novel French heater for rooms consists of a carpet in which are woven wires to take current from a light socket and distribute the electric heat evenly.

DANGEROUS CALOMEL IS SELDOM SOLD NOW

Calomel Salivates! It Makes You Sick and You Lose a Day's Work—Dodson's Liver Tone Acts Better Than Calomel and Is Harmless for Men, Women, Children—Read Guarantee!

Every druggist here, yes! your druggist and everybody's druggist has noticed a great falling-off in the sale of calomel. They all give the same reason. Dodson's Liver Tone is taking its place.

"Calomel is dangerous and people know it while Dodson's Liver Tone is safe and gives better results," said a prominent local druggist. "Dodson's Liver Tone is personally guaranteed by every druggist. A large family-sized bottle costs only 50 cents and if you find it doesn't take the place of dangerous, salivating calomel you have only to ask for your money back."

Dodson's Liver Tone is a pleasant-tasting, purely vegetable remedy, harmless to both children and adults. Take a spoonful at night and wake up feeling fine, no sick headache, biliousness, ague,

sour stomach or clogged bowels. Dodson's Liver Tone doesn't gripe or cause inconvenience all next day like calomel.

Take a dose of calomel tonight and tomorrow you will feel sick, weak and nauseated. Don't lose a day's work!

Dodson's Liver Tone is real liver medicine. You'll know it next morning because you will wake up with your head clear, your liver active, bowels clean, breath sweet and stomach regulated. You will feel cheerful and full of vigor and ready for a hard day's work.

You can eat anything afterwards without risk of salivating yourself or your children.

Get a bottle of Dodson's Liver Tone and try it on my guarantee. You'll never again put a dose of nasty, dangerous calomel into your stomach. Adv.

An Eye to Business.
"This play is the worst ever. I am going to demand my money back."
"Wait until after the next act, old man. Ten years elapse between acts 1 and 3, and you can demand interest on your money for that length of time."

St. Louis Lady Cured of Eczema.
5639 Vernon St., St. Louis, Mo. I have had Eczema for four years and have tried everything possible to cure it, without success, until I tried Tetterine. Your medicine has cured me after six months' trial. Miss A. B. King. Tetterine cures Eczema, Itching Piles, Ring Worm, Dandruff and every form of Scalp and Skin Disease. Tetterine 50c; Tetterine Soap 25c. At druggists or by mail direct from The Shuptrine Co., Savannah, Ga.

With every mail order for Tetterine we give a box of Shuptrine's 10c Liver Pills free. Adv.

There are 1,396 fish preparing factories in Spain.

Harbinger of Autumn.
"You are as merry as a cricket this morning."
"Yes," replied the cheerful suburbanite. "When I issued forth from my dwelling I saw something on a vacant lot that convinced me this terrible summer is about ended."

"What did you see?"
"A billboard carrying an advertisement of fall overcoats."

Dr. Peery's "DEAD SHOT" is an effective medicine for Worms or Tapeworm in adults or children. One dose is sufficient and no supplemental purge necessary.—Adv.

Constant Reader.
"Bliggins is a pessimist, isn't he?"
"Yes. He's so fond of bad news that he goes down cellar every morning to read the gas and electric meters."

No Fun in That.
"Why did you break the engagement?"
"Well, my fiancée got to imitating one of these movie queens. She thought it was cute to shoot me a swift kiss under the ear."

MOTHER'S JOY SALVE for Colds, Croup, Pneumonia and Asthma; GOOSE GREASE LINIMENT for Neuralgia, Rheumatism and Sprains. For sale by all Druggists. GOOSE GREASE COMPANY, MFRS., Greensboro, N. C.—Adv.

The Usual Way.
Browning—I understand you were at the races yesterday?
Greening—Yes, but I happened to pick one before he was ripe.

HOW TO MAKE COFFEE

By the greatest coffee merchants in the world
With pictures of three wives and what their husbands say of their coffee

There has been a great deal written and said about making coffee, and wherever you go, each woman thinks her way is best. Yet we all know how much coffee varies; good one meal—bad the next—often so bad you simply can't drink it.

Don't be discouraged if you are not getting coffee as fine as you would like to have. Don't be satisfied to drink coffee which is "just me-

dium." A million other women make coffee their husbands brag about, and it is so easy for you to do it.

Instead of coffee which you only put up with because you can't get the kind you would like to have, you can get coffee which every member of your family will enjoy, coffee which every visitor will praise, coffee which you yourself couldn't do without.



Mrs. Jones boils her coffee.

How to make Boiled Coffee the way most people make coffee: Be sure that the pot is clean. Have your coffee ground medium fine, just the size Arbuckle's Ground coffee is. Allow one heaping tablespoonful to each cup of water, with one extra spoonful of coffee for the pot. Put the coffee into the pot, add cold water. Let boil until it is just the strength you like. Settle with a dash of cold water.

The Drip Method, the simplest way: Have your coffee ground very fine, almost to a powder. Use only half a tablespoonful to a cup, with an extra one for the pot. (This method requires only half as much coffee as used for other methods.) Put the coffee in a piece of clean

cheese cloth; pour boiling water through it slowly—through once only. Be sure to have water boiling. This does not make as strong coffee as boiling—if you want it stronger, don't make it this way—increasing the amount of coffee won't make it any stronger.

Percolator coffee—the surest method: Use a medium fine ground coffee for percolators, (just the size Arbuckle's Ground coffee is). Allow a tablespoonful to each cup of coffee and one extra; let the water percolate up through the coffee until it is just the right strength. Making coffee this way, you can have it just as mild or strong as you like, and you can rely on its being good every time.



Mrs. Green never uses anything but a percolator.

To get these results, the coffee itself must be right and must always be the same

Things you should watch out for

The coffee itself: There are hundreds of varieties of coffee grown. The coffee itself must be put up by men who know coffee! Arbuckle's Coffee is. It is put up by Arbuckle Bros., the greatest coffee merchants in the world. They can give you the value in coffee which no one else can afford to give.

Clean and fresh: No matter how good coffee itself is, if it isn't well taken care of, it makes a poor drink. Arbuckle's Coffee is put up in sealed, dust-proof packages, carefully wrapped to protect it from moisture, dirt, store odors. It arrives in your kitchen strong, full of flavor.

Always the same: Arbuckle's Coffee today is the biggest selling coffee in the United States. Did you ever stop to think what this means? To think how good

a coffee must be to be the biggest seller in the United States! From the moment it was put on the market, it was a success. Today, it is used in over a million homes in the United States.

Beautiful Gifts: We share our profits with you by giving you useful and beautiful premiums for signatures saved from Arbuckle's packages. We buy premiums for over a million uses of Arbuckle's Coffee. Buying in such large quantities makes it possible for us to give the greatest premium values ever seen, in every package of Arbuckle's Coffee there is a circular showing our premiums. Be sure to get it and see how quickly and easily you can get what you want, all without any cost.

Get Arbuckle's Coffee from your grocer today, either the Whole Bean or the new Ground.

Arbuckle Bros., 71Ch-1 Water Street, New York



All their wives use Arbuckle's—start to use it yourself—give your husband a chance to brag!